



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

## Statistics Report 09531, Fruit juice smoothie, NAKED JUICE, strawberry banana

Report Date: June 30, 2017 06:06 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water <sup>1</sup>	g	87.28	3	0.036	87.23	87.35	2.0	87.125	87.435	1	Analytical or derived from analytical	--	06/2015
Energy	kcal	50	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Energy	kJ	207	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Protein <sup>1</sup>	g	0.48	3	0.021	0.44	0.5	2.0	0.39	0.567	1	Analytical or derived from analytical	--	06/2015
Total lipid (fat) <sup>1</sup>	g	0.27	3	0.015	0.24	0.29	2.0	0.204	0.329	1	Analytical or derived from analytical	--	06/2015
Ash <sup>1</sup>	g	0.31	3	0.020	0.27	0.33	2.0	0.224	0.396	1	Analytical or derived from analytical	--	06/2015
Carbohydrate, by difference	g	11.66	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Fiber, total dietary <sup>1</sup>	g	0.6	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Sugars, total <sup>1</sup>	g	10.05	2	--	9.85	10.25	1.0	--	--	1	Analytical or derived from analytical	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose <a href="#">1</a>	g	2.83	2	--	2.68	2.98	1.0	--	--	1	Analytical or derived from analytical	--	06/2015
Glucose (dextrose) <a href="#">1</a>	g	2.80	2	--	2.6	3	1.0	--	--	1	Analytical or derived from analytical	--	06/2015
Fructose <a href="#">1</a>	g	4.42	2	--	4.27	4.57	1.0	--	--	1	Analytical or derived from analytical	--	06/2015
Lactose <a href="#">1</a>	g	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
Maltose <a href="#">1</a>	g	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
Galactose <a href="#">1</a>	g	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
<b>Minerals</b>													
Calcium, Ca <a href="#">1</a>	mg	10	3	0.333	10	11	2.0	8.832	11.701	1	Analytical or derived from analytical	--	06/2015
Iron, Fe <a href="#">1</a>	mg	0.20	3	0.008	0.18	0.21	2.0	0.162	0.231	1	Analytical or derived from analytical	--	06/2015
Magnesium, Mg <a href="#">1</a>	mg	14	3	0.418	13	14	2.0	11.736	15.33	1	Analytical or derived from analytical	--	06/2015
Phosphorus, P <a href="#">1</a>	mg	18	3	0.503	17	18	2.0	15.434	19.766	1	Analytical or derived from analytical	--	06/2015

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Potassium, K <a href="#">1</a>	mg	201	3	6.009	189	209	2.0	174.811	226.522	1	Analytical or derived from analytical	--	06/2015
Sodium, Na <a href="#">1</a>	mg	2	3	0.000	2	2	--	--	--	1	Analytical or derived from analytical	--	06/2015
Zinc, Zn <a href="#">1</a>	mg	0.08	3	0.001	0.08	0.08	2.0	0.076	0.086	1	Analytical or derived from analytical	--	06/2015
Copper, Cu <a href="#">1</a>	mg	0.040	3	0.002	0.04	0.04	2.0	0.033	0.047	1	Analytical or derived from analytical	--	06/2015
Manganese, Mn <a href="#">1</a>	mg	0.180	3	0.007	0.17	0.19	2.0	0.149	0.211	1	Analytical or derived from analytical	--	06/2015
Selenium, Se	µg	0.4	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
<b>Vitamins</b>													
Vitamin C, total ascorbic acid <a href="#">1</a>	mg	8.4	3	1.376	6.7	11.1	2.0	2.455	14.296	1	Analytical or derived from analytical	--	06/2015
Thiamin <a href="#">1</a>	mg	0.040	2	--	0.04	0.04	--	--	--	1	Analytical or derived from analytical	--	06/2015
Riboflavin <a href="#">1</a>	mg	0.057	3	0.012	0.04	0.08	2.0	0.005	0.108	1	Analytical or derived from analytical	--	06/2015
Niacin <a href="#">1</a>	mg	0.310	3	0.023	0.27	0.35	2.0	0.211	0.409	1	Analytical or derived from analytical	--	06/2015

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-6 <sup>1</sup>	mg	0.115	2	--	0.08	0.15	1.0	--	--	1	Analytical or derived from analytical	--	06/2015
Folate, total <sup>1</sup>	µg	35	3	0.751	34	36	2.0	31.971	38.429	1	Analytical or derived from analytical	--	06/2015
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Folate, food	µg	35	3	0.751	34	36	2.0	31.971	38.429	1	Analytical or derived from analytical	--	06/2015
Folate, DFE	µg	35	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Choline, total	mg	3.8	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2015
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Vitamin A, RAE	µg	2	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Carotene, beta	µg	11	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Carotene, alpha	µg	7	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Cryptoxanthin, beta	µg	9	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Vitamin A, IU	IU	31	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Lutein + zeaxanthin	µg	26	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin E (alpha-tocopherol)	mg	0.13	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Vitamin K (phylloquinone)	µg	0.9	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
<b>Lipids</b>													
Fatty acids, total saturated	g	0.092	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
4:0 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
6:0 <sup>1</sup>	g	0.007	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
8:0 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
10:0 <sup>1</sup>	g	0.021	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
12:0 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
14:0 <sup>1</sup>	g	0.005	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
15:0 <sup>1</sup>	g	0.003	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:0 <a href="#">1</a>	g	0.039	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
17:0 <a href="#">1</a>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
18:0 <a href="#">1</a>	g	0.015	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
20:0 <a href="#">1</a>	g	0.002	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
22:0 <a href="#">1</a>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
24:0 <a href="#">1</a>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Fatty acids, total monounsaturated	g	0.024	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
14:1 <a href="#">1</a>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
15:1 <a href="#">1</a>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
16:1 undifferentiated <a href="#">1</a>	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:1 c <sup>1</sup>	g	0.002	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
16:1 t <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
17:1 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
18:1 undifferentiated <sup>1</sup>	g	0.023	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
18:1 c <sup>1</sup>	g	0.020	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
18:1 t <sup>1</sup>	g	0.003	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
20:1 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
22:1 undifferentiated <sup>1</sup>	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
22:1 c <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
22:1 t <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
24:1 c <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Fatty acids, total polyunsaturated	g	0.044	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
18:2 undifferentiated <sup>1</sup>	g	0.024	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
18:2 n-6 c,c <sup>1</sup>	g	0.024	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
18:2 CLAs <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
18:2 t not further defined <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
18:3 undifferentiated <sup>1</sup>	g	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
18:3 n-3 c,c,c (ALA) <sup>1</sup>	g	0.020	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
18:3 n-6 c,c,c <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
18:3i <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:4 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
20:2 n-6 c,c <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
20:3 undifferentiated <sup>1</sup>	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
20:3 n-6 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
20:4 undifferentiated <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
20:5 n-3 (EPA) <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
22:4 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
22:5 n-3 (DPA) <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
22:6 n-3 (DHA) <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Fatty acids, total trans	g	0.003	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Fatty acids, total trans-monoenoic	g	0.003	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015

**Sources of Data**

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 19c, 2015 Beltsville MD